

## CRISIS OF WOMAN'S LIFE

Change Safely Passed by Taking Lydia E. Pinkham's Vegetable Compound.

Wagoner, Okla.—"I never get tired of praising Lydia E. Pinkham's Vegetable Compound because during Change of Life I was in bed two years and had two operations, but all the doctors and operations did me no good, and I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound."

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dizziness, nervousness, irritability, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through the crisis.

**The Boy Prude.**  
Representative La Guardia of Michigan was praising the president's flag day oration.  
"How well he speaks out against the German militaristic autocracy!" said Mr. La Guardia. "Every true Democrat must speak out against that hydra. To use soft words about it is to be weak and silly and mistaken—like the little boy prude."  
"A little boy prude, having eaten too many sour cherries, was taken ill in school, and began to groan and writhe."  
"What's the matter?" said the pretty teacher. "What's the matter, Tommy?"  
"The boy answered in an embarrassed voice:  
"I've got a terrible pain in my—my abdomen."

**SOOTHES ITCHING SCALPS**  
And Prevents Falling Hair Do Cuticura Soap and Ointment.

On retiring, gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water using plenty of soap. Cultivate the use of Cuticura Soap and Ointment for everyday toilet purposes.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere—Adv.

Considerate.  
"What makes you so jealous?"  
"Oh, it pleases my wife."—Boston Transcript.

## Canadian Farmers Profit From Wheat

**160 ACRES IN WESTERN CANADA FREE**

The war's devastation of European crops has caused an unusual demand for grain from the American continent. The people of the world must be fed and wheat near \$2 a bushel offers great profits to the farmer. Canada's invitation is therefore especially attractive. She wants settlers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops.

You can get a Homestead of 160 acres FREE and other lands at remarkably low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley and Flax.

Mixed farming as profitable an industry as grain raising. The excellent grasses full of nutritious are the only food required for best of dairy purposes. Good schools, churches, markets convenient, climate excellent.

There is an extra demand for farm labor to replace the many young men who have volunteered for the war. The government is urging farmers to put extra acreage into grain. Write for literature and particulars as to reduced railway rates to Dept. of Immigration, Ottawa, Canada, or M. V. MacINNIS.

176 Jefferson Ave., Detroit, Mich.

Canadian Government Agent.

## Don't Take Risks

If your stomach is strong, your liver active, and bowels regular, take care to keep them so. These organs are important to your health. Keep them in order with

## Beecham's Pills

and avoid any risk of serious illness. A dose or two as needed, will help the digestion, stimulate the bile, and regulate the habits. Their timely use will save much needless suffering, fortify the system and

**Insure Good Health**

Sold by druggists throughout the world. In boxes, 10c., 25c. Directions of Special Value to Women are with Every Box.

## A GUARANTEED REMEDY FOR HAY FEVER--ASTHMA

YOUR MONEY WILL BE REFUND BY YOUR DRUGGIST without any condition if you do not find relief from every case of Asthma, Bronchitis, Hay Fever, No matter how violent the attacks or obstinate the case.

**DR. R. SCHIFFMANN'S ASTHMADOR**

AND ASTHMADOR CIGARETTES positively give INSTANT RELIEF in every case and has permanently cured thousands who had been considered incurable. After having tried every other means of relief in vain. Asthmador should be used at the first sign of the attack. It is a powerful, safe, and effective remedy. Buy a 50-cent package and prevent this announcement to your druggist. If you are not satisfied, we will give you back your money if you are not. We do not know of any fair proposition which we could make.

R. Schiffmann Co., Proprietors, St. Paul, Minn.

**YOU CAN'T CUT OUT A Bog Spavin or Thoroughpin** but you can clean them off promptly with

**ABSORBINE**

and you work the horse same time. Does not blister or remove the hair. \$2.00 per bottle, delivered. Will tell you more if you write. Book 4 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Varicose Veins, Ruptured Muscles or Ligaments, Rheumatism, Sprains, Cuts, Burns, Allergic skin eruptions. Price \$1 and \$2 a bottle in quantities or delivered. Made in the U. S. A. by W. F. Hough, P. O. F., 310 Temple St., Springfield, Mass.

W. N. U., DETROIT, NO. 37-1917.

## SELF HELPS for the NEW SOLDIER

By a United States Army Officer

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**COMPANY ADVANCE.**

Up to the point of encountering the enemy's fire, a company advances into an engagement in close order, whether for attack or defense. The usual formation, because of its mobility, is the column of squads. The column of squads has the double advantage of affording a convenient front for progressing along roads and through comparatively narrow spaces, such as ravines, ditches, or breaks in the trees, and of being at all times convertible into any other formation desired. The company is deployed upon reaching the zone of hostile fire for the protection of the men, but it may then continue to advance without returning the fire, depending upon the immediate circumstances.

The use of "a succession of thin lines" is a frequent matter of facilitating the advance. This reduces the losses which would otherwise be incurred if the company were deployed by greatly diminishing the man-front offered to the enemy and proportionately increasing the intervals between individuals. Thus, if the enemy knew that a unit was advancing, and had reason to believe from the apparent extent of its front that it was deployed, he would probably spread his fire accordingly.

At all events, if the unit were approaching under cover, or partial cover, he would be compelled to assume that it is deployed if he had indications of the width of the front, in order to cover the whole area with his fire. Meanwhile, the company might be advancing in columns of single or double file, with intervals between equal to the intervals between the centers of squads or platoons in deployment.

This succession of thin lines, known as "platoon or squad columns," may otherwise facilitate the advance by allowing for the passage of the company through rough or bushy territory; it also affords a better opportunity to take advantage of cover. The two latter factors are perhaps more important than the first with the squad, at least if the advance is against machine guns, for a machine gun, if it had a comparatively unobstructed range, could render the unit's entire front untenable, whether it were in squad columns, or were advancing in line of skirmishers. Platoon columns, however, moving as they do outside the area of a burst of single shrapnel (about 20 yards) may greatly reduce the losses when under artillery fire, or even under machine guns.

The choice of the method of advance is made by the captain, or by the major, if the company is with a battalion, and will depend upon the conditions at hand. If it develops that the deployment itself is premature, it is generally found best to assemble the company and proceed in close order.

Advancing in the fire attack, as we have already seen, may be accomplished by sending forward deployed squads or platoons in a series of rushes. If this is by squads, at command, the first squad, (on the right) follows its corporal, running at top speed to the point indicated by the captain, where it halts and finds cover, usually flat on the ground.

When the first fraction of the company has thus established itself on the line, following the command, "By platoon (two platoons, squad or four men) from the right (left), rush," the next fraction is sent forward by its platoon leader without further command from the captain until the whole company is on the line established by the first rush.

**PLATOON AND SQUAD COLUMNS.**

Having learned the principle of the advance as conducted by platoon or squad columns—"the succession of thin lines"—it is now necessary to see how this is to be done. Being in skirmish line, at the command, "Platoon columns, march," the platoon leaders move forward through the center of their respective platoons. When the company is deployed, the platoon leader is posted in the rear of the line, in order to control the fire of his men. Having moved through the center of his platoon, the men to the right of the platoon leader (as he passes through the line) march to the left and follow him in single file; likewise, those on the left march to the right. This constitutes a double column of files, which is now conducted by the platoon leader. Platoon guides follow in the rear.

The command, "Squad columns, march," is executed in a similar way. Each squad leader moves to the front, and the members of his squad oblique toward him and follow in single file at easy marching distances.

To reiterate what was said in the last article, platoon columns are profitably used where the ground is so difficult and the cover so limited as to make it desirable to take advantage of a few favorable routes, and no two platoons should march within the area of a burst of a single shrapnel. Squad columns are of value principally in expediting progress over rough or brushy ground.

To deploy platoon or squad columns, the command is, "As skirmishers, march." Skirmishers then move to the right or left front successively and place themselves in their original positions in line.

From platoon or squad columns, the company is thus assembled. At the command, "Assemble, march," the platoon or squad leaders signal "Assem-

ble" by moving the arm in quick circles above the head; at this, the men of each platoon or squad, as the case may be, advance, and moving to the right or left, take their proper places in line.

Each unit assembles on the leading element of the column and re-forms in line. Platoon or squad leaders conduct their units toward the point indicated by the captain, and to their places in line. The company is re-formed in line.

Another method whereby the advance may be accomplished by a "succession of thin lines" is as follows: The captain points out in advance the selected position to be occupied, which is generally from 100 to 250 yards to the front, depending upon the terrain and the character of the hostile fire.

The captain gives the command, "Such numbers" forward, march!" The man designated by this number in each squad—"No. 1" for example—moves to the front until he reaches the new line. In this line, the original intervals are preserved as nearly as practicable. The next number in each squad is sent forward when the first has advanced a suitable distance—the distances between these thin advancing lines are purposely made irregular. Each number halts upon arriving at the new line.

**ADVANCING ACROSS WIDE STRETCHES EXPOSED TO FIRE.**

The advance in such a succession of thin lines as that described in the last article is used to progress across a wide stretch which is swept, or in danger of being swept, by artillery fire, or by long-range rifle fire. In short, this type of advance is undertaken in places exposed to a fire which it would be profitless to return. The advance by short rushes would both be costly (because of the comparative concentration of the men in the fire-swept area) and impracticable, since to return rifle fire against artillery would be futile. It would be almost equally futile against long-range rifle fire. However, when the thin lines have advanced, as was said before, from 100 to 250 yards, they may then be in a better position to return the fire.

The purpose of this movement is to build up a strong skirmish line at a point where it may engage in the fire fight, and to build it up with the minimum cost. This method, while advantageous from certain standpoints, also has its drawbacks. Because, during the progress of the advance, there is almost entire loss of control over the company. Each individual is left to his own initiative in reaching the new line, but unless otherwise specified, the advance is conducted at quick time, and there is a general uniformity of movement.

Yet the seriousness of the loss of control depends very largely upon the previous training and discipline of the company. If this has been of the proper kind, and the company is sufficiently grounded in discipline, teamwork, and esprit de corps, it will continue to assert itself even when the man is proceeding across the exposed area alone.

It is precisely the same as with a back-field player on a football eleven: He is alone, his responsibility is single, generally speaking, but at that he never loses his consciousness of teamwork and the essential co-ordination of his efforts with those of the rest of his team.

Against the possible disadvantage of a temporary loss of control over the company, moreover, is the more than compensating advantage that such an advance is less likely to draw fire. This is not only important from the standpoint of casualties, but would in itself reduce the degree in which such control may be lost. In other words, it would be even more difficult to retain control over a deployed company which is subject to a withering fire than over a company advancing in a succession of thin lines, if the fire is scattering and ineffectual.

The war in Europe has in many respects cancelled previous theories of combat. In view of such developments the regulations specifically state that other and better formations may be devised to fit particular cases. But this basic principle remains: "The best formation is the one which advances the line furthest with the least loss of men, time and control."

Training in the existing regulations for extended order work, therefore, schools the young soldier in the underlying purpose of the fire attack, and after comprehending this, he can much more easily adapt himself to any special methods which conditions may require.

**Clay Figures for Movies.**

In a new style of moving pictures little clay models of human figures are used to represent the actors. The result, when seen on the screen, is both startling and amusing, the tiny clay figures seeming to walk, jump and go through all the motions of talking and singing, as if actually alive. Such pictures are called animated sculpture. They owe their origin to a woman sculptor of New York, whose claywork, as she calls them, are photographed in a succession of slightly different poses, each specially modeled to carry out the action of a regular scenario or film story. The process of molding the figures is slow and laborious, as 16 different poses are required to make a foot of film. Thus if the action of the story calls for four actors in the picture, a film of ordinary length, say 200 feet, requires the careful molding by the sculptor's hands of at least 32,000 different poses for the clay figures. In some scenes, however, only slight changes are needed to give the necessary animation, these being quickly made by the deft touch of the sculptor.—Popular Mechanics Magazine

## WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.



Just think! You can lift off any corn or callus without pain or soreness. A Cincinnati man discovered this other compound and named it Freezone. Any druggist will sell a tiny bottle of Freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

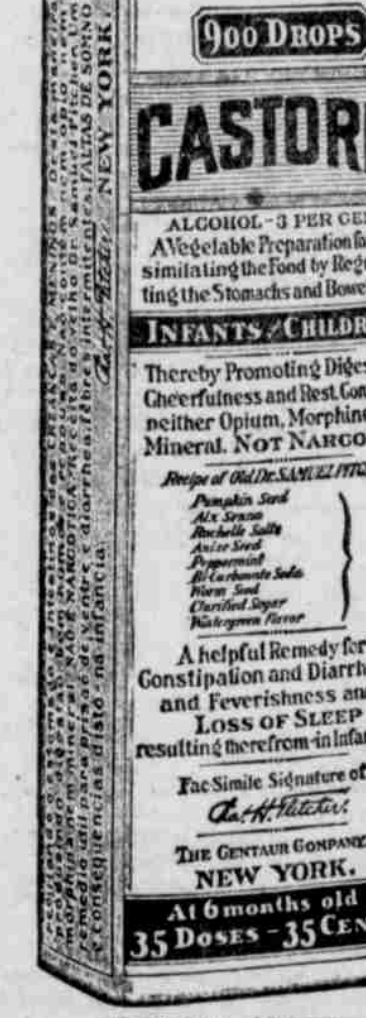
Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't Freezone, tell him to order a small bottle for you from his wholesale drug house.—adv.

**Wastefulness.**  
Some families take pride in serving lavish and overabundant meals and overgenerous service of food. This leads inevitably to waste of food on the table and is a temptation to overeating which often impairs health and efficiency.

There's a certain age in a woman's life when she moves her finger rug over in front of the mirror.

It is easier to win a girl's heart than it is to earn her hand.



Exact Copy of Wrapper.

Just From College.  
"How very seedy your friend looks!"  
"Naturally. He's just come out of an agricultural college."—London Answers.

## MINNESOTA DRUGGIST PRAISES DR. KILMER'S SWAMP-ROOT

I believe you have a splendid, reliable kidney, liver and bladder medicine in Dr. Kilmer's Swamp-Root, and my customers who have taken it during the past thirty-six years have nothing but praise for what it accomplished for them. On account of the splendid reputation which it enjoys in the trade I have no hesitancy in recommending it for the troubles for which it is intended.

Yours very truly,  
J. G. SIERN, Druggist,  
Sept. 21, 1915. Hastings, Minn.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You  
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Philadelphia public schools are to give increased attention to callisthenics.

**After the Movies** Marine is for Tired Eyes.  
Red Eyes—Sore Eyes—Grasshoppered Eyes. Refresh—Relieve—Refresh. Marine is a favorite treatment for eyes that are dry and sore. Give your eyes as much of your favorite eye treatment as you can. You will find it very refreshing. **CARE FOR THEM. YOU CAN'T PUT NEW EYES** hold an eye and typical vision or by Mail. Ask for Dr. Sweeney Co., Chicago for Free Book.

## Feed the Fighters! Win the War!!

**Harvest the Crops—Save the Yields**  
On the battle fields of France and Flanders, the United States boys and the Canadian boys are fighting side by side to win for the World the freedom that Prussianism would destroy. While doing this they must be fed and every ounce of muscle that can be requisitioned must go into use to save this year's crop. A short harvest period requires the combined forces of the two countries in team work, such as the soldier boys in France and Flanders are demonstrating.

**The Combined Fighters in France and Flanders and the Combined Harvesters in America WILL Bring the Allied Victory Nearer.**

A reciprocal arrangement for the use of farm workers has been perfected between the Department of the Interior of Canada and the Department of Labor and Agriculture of the United States, under which it is proposed to permit the harvesters that are now engaged in the wheat fields of Oklahoma, Kansas, Iowa, North Dakota, South Dakota, Nebraska, Minnesota and Wisconsin to move over into Canada, with the privilege of later returning to the United States, when the crops in the United States have been conserved, and help to save the enormous crops in Canada which by that time will be ready for harvesting.

**HELP YOUR CANADIAN NEIGHBOURS WHEN YOUR OWN CROP IS HARVESTED !!!**  
Canada Wants 40,000 Harvesters. Hands to Take Care of Its 13,000,000 ACRE WHEAT FIELD.

One cent a mile railway fare from the International boundary line to destination and the same rate returning to the International Boundary.

**High Wages, Good Board, Comfortable Lodgings.**  
An Identification Card issued at the boundary by a Canadian Immigration Officer will guarantee no trouble in returning to the United States.

AS SOON AS YOUR OWN HARVEST IS SAVED, move northward and assist your Canadian neighbour in harvesting his; in this way you win the war. For particulars as to routes, identification cards and place where employment may be had, apply to Superintendent of Immigration, Ottawa, Canada, or to

M. V. MacINNIS, 176 Jefferson Ave., Detroit, Mich.  
Canadian Government Agent.

## You Look As YOU FEEL

You know well enough when your liver is loafing.

**CONSTIPATION** is the first warning; then you begin to "feel mean all over."

Your skin soon gets the bad news, it grows dull, yellow, muddy and unsightly. Violent purgatives are not what you need—just the gentle help of this old-time standard remedy. Small Pill, Small Dose, Small Price. Genuine Bears signature *Asa Wood*

**ABSENCE of Iron in the Blood** is the reason for many colorless faces but **CARTER'S IRON PILLS** will greatly help most pale-faced people.

## Children Cry For



## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**

Bears the Signature of

*Chas. H. Fletcher*

**In Use For Over 30 Years**

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

**Drink Buttermilk.**  
Cultivate a taste for buttermilk and drink lots of it, for thus you will be drinking to your health.

## WRINKLES ALL DRIVEN AWAY

A grandmother writes: "The bottle of Usit has completely cleared my face of the horrible wrinkles that were such an eyesore to my daughters, my grandchildren and to me. It is a godsend to wrinkle suffering humanity." When Usit is regularly applied for a reasonable time, wrinkles disappear, the skin regains its former smoothness, plumpness and color. Usit is such a splendid skin treatment that a bottle should be at ways be on your dressing table. Rough skins made smooth; sallow, dry, faded complexions get back their natural freshness from its use, and it is also a fine treatment for freckles, blackheads, and many forms of eczema.

Usit is not a cream or paste, but a pure nut oil liquid, to be used at night before retiring. Try Usit Face Powder De Luxe, which is no ordinary face powder, but a preparation appealing to people of discriminating and refined taste. Four tints—flesh, white, pink and brunette. Delicately perfumed. For further distribution a bargain. Once only. One 50c bottle Usit and one 50c box Usit Face Powder De Luxe for 75c. Address Usit Mfg Co., 885 Main street, Buffalo, N. Y.

If a pessimist is born with a silver spoon in his mouth he naturally expects it to choke him sooner or later.

Because mackerel travel in schools it is proposed to have a bond issue to build a few schools for them.

**Back Given Out?**  
Housework is too hard for a woman who is half sick, nervous and always tired. But it keeps piling up, and gives weak kidneys no time to recover. If your back is lame and aches and your kidneys irregular; if you have "blue spells," sick headaches, nervousness, dizziness and rheumatic pains, use Doan's Kidney Pills. They have done wonders for thousands of worn out women.

**A Michigan Case**  
Mrs. Selma Lundberg, 433 Grand Blvd., Mendota, Mich., says: "My back ached constantly and I had such pains across my kidneys I could hardly bend over or lift anything. My kidneys were weak and the way they acted bothered me very much. I sometimes was so dizzy I couldn't walk and I was awfully nervous. I became bloated, used Doan's Kidney Pills and soon I was entirely well. I give Doan's Kidney Pills the credit for my cure."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

**PATENTS** William E. Coleman, Wash. D. C., 117, Rock Creek, Ill. got relations. You can't